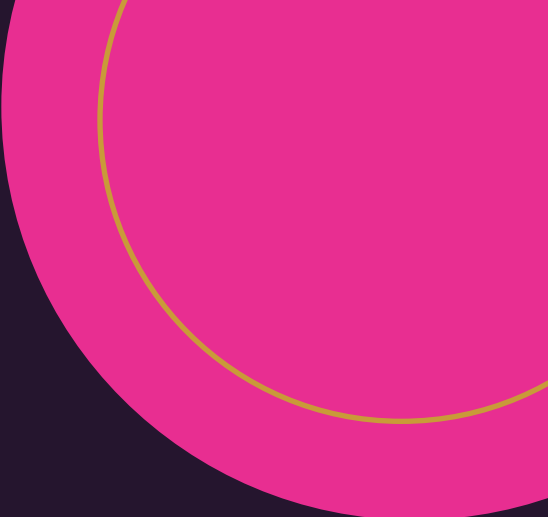




FREE GROUNDING RESOURCE

Breathe Back Into Your Power

Six gentle practices to calm, center, energize, and return to the present moment.

CREATED BY JUJU

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Before You Begin

Sit or lie somewhere safe. Loosen tight clothing and breathe naturally first. Never force or strain. Stop if you feel dizzy, numb, panicky, or unwell. Practice seated if you tend to feel lightheaded.

Use breathwork as supportive wellness practice, not medical treatment. Avoid breath holds and intense breathing if pregnant or if you have cardiovascular, respiratory, seizure, fainting, or other relevant conditions unless a clinician says it is appropriate. Never practice while driving or in water.

1. The Soft Reset

Best for: stress, tension, and transitions.

Inhale gently through your nose for 4 counts. Exhale slowly for 6 counts. Keep the breath quiet and easy. Repeat for 2-5 minutes. Let the longer exhale be a signal to soften - never a demand.

TRY IT NOW

Rounds completed: ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

WHAT I NOTICE IN MY BODY

2. Box Breathing

Best for: focus before a conversation, meeting, or live.

Inhale for 4. Pause for 4. Exhale for 4. Pause for 4. Repeat 4 rounds. If any hold feels uncomfortable, skip it and use an even inhale and exhale instead.

TRY IT NOW

Rounds completed: ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

WHAT I NOTICE IN MY BODY

3. Hand-to-Heart Breath

Best for: emotional grounding and self-compassion.

Place one hand over your heart and one on your belly. Breathe at your natural pace. On the inhale think, "I am here." On the exhale think, "I am safe in this moment." Continue for 10 breaths.

TRY IT NOW

Rounds completed: ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

WHAT I NOTICE IN MY BODY

4. Five-Finger Breathing

Best for: racing thoughts and sensory grounding.

Hold one hand open. Trace up each finger as you inhale and down as you exhale. Move slowly across all five fingers. Notice the touch, the movement, and the breath.

TRY IT NOW

Rounds completed: ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

WHAT I NOTICE IN MY BODY

5. Humming Exhale

Best for: releasing tension and settling before rest.

Inhale comfortably through your nose. Exhale with a gentle hum. Feel the vibration around your lips, face, and chest. Repeat 5-8 times, keeping the sound relaxed.

TRY IT NOW

Rounds completed: ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

WHAT I NOTICE IN MY BODY

6. Morning Power Breath

Best for: beginning the day with intention - without fast or forceful breathing.

Stand or sit tall. Inhale and reach your arms outward or overhead. Exhale and draw your hands toward your heart. Repeat slowly 5 times. Finish by saying: "I am anchored. I am present. I am ready."

TRY IT NOW

Rounds completed: ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

WHAT I NOTICE IN MY BODY

My 7-Day Breathing Practice

Keep it gentle. Consistency matters more than intensity.

DAY 1 Practice: _____ Minutes: ____ Before: ____ After: ____

DAY 2 Practice: _____ Minutes: ____ Before: ____ After: ____

DAY 3 Practice: _____ Minutes: ____ Before: ____ After: ____

DAY 4 Practice: _____ Minutes: ____ Before: ____ After: ____

DAY 5 Practice: _____ Minutes: ____ Before: ____ After: ____

DAY 6 Practice: _____ Minutes: ____ Before: ____ After: ____

DAY 7 Practice: _____ Minutes: ____ Before: ____ After: ____